



The 3 PENS - a way to track your pain

Step 1

Pick three pens in a colour you like.



Step 2

Choose a colour for:

Bad pain - blue

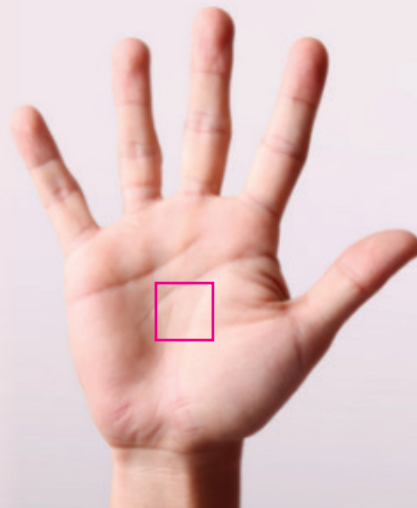
Some Pain - yellow

No pain - green

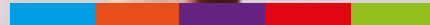


Step 3

Make a small coloured square on your hand to remind you how your pain has been in morning, afternoon and evening



Note: We are not Doctors at Kataholos and you may not want to write in pen on your hand; we advise you to use your own common sense.



Step 4

Celebrate green days!
And focus on having more,

